

Introducing the



# Active & Healthy SCHOOLS™

*Program*

**New!**



***A Roadmap to  
Make Your School  
Environment  
Active & Healthy!***

Brought to you by

**GOPHER**

and

The **President's  
Challenge**  
Program



*Make your school*

# Active & Healthy!

## ***What is the Active and Healthy Schools™ Program?***

Active & Healthy Schools™ is an evidence-based program that enhances the activity levels and health of children.

Dr. Robert P. Pangrazi—professor, internationally recognized physical education expert, and author of the *Dynamic Physical Education* textbook—has designed this program to change the environment of the whole school in order to improve the health of students.



## ***Why should I implement this program at my school?***

The Active & Healthy Schools™ Program (AHS™) explains how to effectively change the *environment* of your school to encourage more physical activity and better eating.

Also, because of the youth obesity epidemic, The Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a federally funded school meals program must develop and implement “Wellness Policies” that address nutrition and physical activity by the start of the 2006-2007 school year.

Implementing the AHS™ Program will help your school meet these Wellness Policy requirements.

## ***How does the Program work?***

It's really very simple! Even in a quality PE class, students get only 10-15% of the activity they need each day in order to be healthy\*. The Active & Healthy Schools™ Program gives you ways to ensure that your students receive the other 85% of activity they need each day. And, the Program shows you how to teach and encourage healthy eating habits at school and at home.

## ***Does the Active & Healthy Schools™ Program replace physical education programs?***

Absolutely not! In fact, physical education plays a key role in this Program. Physical educators will find that their role in the success of the Program will be vital! The physical educator becomes the Active & Healthy Schools™ administrator who is responsible for proper implementation of the Program.

## ***How do I make my school Active & Healthy?***

*It's easy!*

- 1** Make the Active & Healthy Schools™ Benchmarks on the next 2 pages your school's Wellness Policy.
- 2** Visit **[www.activeandhealthyschools.com](http://www.activeandhealthyschools.com)** to read about how other schools have implemented these Benchmarks, and how student wellness has been positively impacted.
- 3** Look for Dr. Pangrazi's Active & Healthy Schools™ Curriculum Materials (available Fall 2006), which will give PE and Classroom Teachers specific activities and strategies for environmental changes such as:
  - *Classroom Activity Breaks*
  - *Playground Management*
  - *Before and After School Physical Activity*
  - ...and more!



\* For example, in a quality 30-minute physical education lesson, students only receive 1200 to 1500 steps. This represents only 10-15% of the activity youngsters should accumulate in a 24-hour period!

# Active & Healthy Schools

***Put these Benchmarks into your Wellness Plan***



## ***School Day Physical Activity Benchmarks***

- 1) 15+ minutes of recess are offered each day
- 2) 20+ minutes or more for physical activity is offered after lunchtime
- 3) At least 3 activity breaks (3-5 minutes in length) are offered throughout the school day (not including recess or lunchtime)
- 4) The Physical Education program meets 2 or more days per week
- 5) Students are offered the opportunity to earn the *President's Challenge Active Lifestyle Award*
- 6) A Physical Activity program is offered to teachers and staff
- 7) Activity "prompts" and signs are posted throughout the school to encourage activity



## ***After-School Activity Standards***

- 1) An after-school activity program is available
- 2) Activity Contracts, like those used to earn the *President's Challenge Active Lifestyle Award*, are used to increase physical activity outside of the school day
- 3) Social support programs that promote physical activity, such as "Walking Buddies" and small group activity programs, are available
- 4) A newsletter to parents promoting family activities is sent home 3 times a year
- 5) Evening or weekend school-sponsored programs for parents and students designed to encourage family activity and healthy eating are implemented



# Schools<sup>TM</sup> Benchmarks

*Can to become an Active & Healthy School<sup>TM</sup>!*



## ***Nutrition Education Benchmarks***

- 1) Healthy lunches, as certified by a school health agent, are offered to students
- 2) Healthy snacks are available to students
- 3) Nutritious and healthy food and drink choices are offered in vending machines
- 4) A unit on healthy food choices is taught in the school curriculum
- 5) A newsletter is sent home to parents encouraging healthy eating habits
- 6) Model lunch program recommendations are available for students who bring their lunches to school
- 7) Point-of-decision prompts that encourage healthy eating are located throughout the school



***Become an Active & Healthy School<sup>TM</sup> today!***



Coming Fall 2006



# Active & Healthy SCHOOLS™

## *Curriculum Materials*

by Dr. Robert Pangrazi

Look for materials later this year which will give Physical Education and Classroom teachers activities and strategies for environmental changes such as:

- ***Classroom Activity Breaks***
- ***Playground Management***
- ***Before & After School Physical Activity Programs***



Sign up to be notified when these materials are available at:  
***[www.activeandhealthyschools.com](http://www.activeandhealthyschools.com)***